# TLC Sewing Projects

Complied by

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# Contributors

Pencil Case

Tasseled Fleece Hat

Drawstring Bag

Dishtowel Apron

Pillow Cases

Back Pack

Pin Cushion

Fabric Beach Ball

Frog Heat Pack

Jelly Belly Bag

Míní Football

Susan Patterson

Carol Snowden

Kristi Johnson

valerie Shaw

Carrie Fausett

Jill Petersen & Trina Brighton

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Christine Whitear

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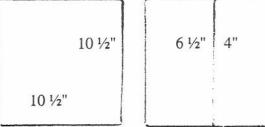
Christine Whitear

Christine Whitear

A big thanks to all who sent in projects. Many contributors said that the projects were not their own creations, but ones they had accumulated along the way. I do appreciate all FACS teachers who are so willing to share.

#### **Pencil Case Instructions**

1. Measure and draw a square 10 ½" X 10 ½" on the wrong side of your fabric. Make sure that the corners are square. Now cut the square out with blue handled shears. Now measure 4" on one side and cut across leaving one 4" X 10 ½" and one 6 ½" X 10 ½" piece (Cut as shown).



2. Use serger to sew along one long edge of each piece.



- 3. Iron  $\frac{1}{2}$ " to the wrong side on the serged long sides. This is  $\frac{1}{2}$ "  $\frac{1}{3}$ !
- 4. Get zipper tape from teacher. On folded edge of each piece, pin one edge of the zipper tape close to but not touching the coil with coil towards outside. Put pins at right angle to zipper as shown.



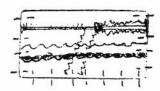
5. Sewing machine setting should be:

stitch length is 2 ½ stitch width is 0

Make the adjustments on the machine **BEFORE** sewing: make sure the take-up lever is up. Stitch 1/4" from the coil using the foot as a guide on each edge of the fold of the cloth. (This is 1/4" I⇔I. Put the edge of your zipper tape on the edge of your presser foot).

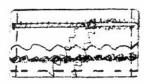
- 6. Trim zipper tape even with fabric.
- 7. Sew at least two rows of decorative stitching on the 4" piece of fabric stitch width at 4 or 5 stitch length at ½

8. Get zipper pull from teacher. Make sure you do not pull it off once the teacher has put it on. Fold in half putting right sides of fabric together. Match zipper ends. Pin the outer front sides of the fabric together around three raw edges as shown.

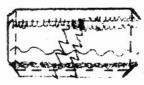


9. Put machine settings on a straight stitch stitch length is 2 ½ stitch width is 0

Sew around the case using ½" seam backstitch at each end of seam. Be careful sewing over zipper tape. Do **not** sew along the folded edge.



10. Trim diagonally across the corners to the outer edge of the stitching lines being careful to **not** cut stitching at the corners as shown.



- Turn the case right side out through the zipper opening. Push corners out with pencil or shears being careful not to push too hard.
- 12. Get a pencil case rubric and do the student grade. Pin your finished pencil case to it and hand it in.

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Name:	Period:	Date:
1411101	1 0110a.	Date.

#### Pencil Case Rubric

Look at each sewing step, please grade yourself on neatness and accuracy. Circle the number of points you think you deserve on each step. When you are completely finished with your pencil case, total your points, pin this rubric to your pencil case and hand it in.

	Step	S	tuc	ler	nt (	Gra	ade	9				Teacher Grade									
1.	Cutting – 2 pieces (4" X 10 ½" and 6 ½" X 10 ½") cut straight, even and the right size.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
2.	Serging – serged on 1 long edge of each piece.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
3.	Ironing – serged edged ironed under ½".	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
4.	All stitching looks good – not too long or too short.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
5.	Zipper – stitch 1/4" from zipper coil backstitching at each end.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
6.	Decorative Stitch – straight, even, looks nice.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
7.	Edge Stitching – stitch is ½" from the raw edges.	1	2	3	4	5	6	7	8	9	10	1.	2	3	4	5	6	7	8	9	10
8.	Zipper Stitch – the stitching over the zipper coils is secure holding the zipper in place.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
9.	Corners – the corners are clipped close to, but not through stitching. There are NO holes.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
10.	General Appearance – threads are trimmed. Pencil case looks good on the inside and outside.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
	Total Points (100 points possible)															k					

#### Tasseled Fleece Hat

SKILLS LEARNED: Rotary cutting; serging; seams; pinning; machine settings and features; measuring; hand sewing.

SUPPLIES: One piece of fleece 12" X 26" with the stretch along the 26"; thread and matching bobbin; hand sewing needle

- **STEP 1.** Using the rotary cutter, mat and clear ruler, cut **3** one inch strips from the **short** side of the fabric. You may then cut these into ½ inch widths to make 6 strips if you wish.
- **STEP 2.** Serge along one **long** side of your fabric. Do this right along the edge. Do not cut off any fabric if you can help it. Also check your fabric design. You don't want any design upside down. The serging is on the bottom (hem) edge.
- **STEP 3.** Sew the 2 short edges together with a **5/8 inch seam**. Use a straight stitch set at normal (3 length/zero width). The 5/8 inch guideline is the short line between the numbers 1 and 2 on the needle plate.
- **STEP 4.** Center the seam with the side folds equidistant from the seam center and pin in place. Sew across the top with a basting stitch (6 length/zero width).
- **STEP 5.** Bring the corners to the center and use a normal stitch setting to sew across all 4 layers. Be careful! It is easy to break the needle at this stage.
- **STEP 6.** Turn up the serged edge 2 inches to the inside and pin in place at right angles to the serged edge. Using a stretch stitch (a zigzag design-"M" looks great) sew around the hat close to the serged edge. Use the free arm to make it easier. Start and end at the seam.
- **STEP 7.** Turn the hat to the right side. Double thread a needle and knot the ends. Pull the top corners of the hat together and sew them together using 3 or 4 overcast stitches. Do not remove the threaded needle until after the next step.
- **STEP 8.** Tie one tassel strip around the middle of the others. Sew the underside of the tassel onto the hat where you have joined the corners together. Make sure you make several thread loops to knot the thread when you have anchored the tassel enough. **YOU HAVE FINISHED!**

From:

Kristi Johnson [kristi.johnson2@jordan.k12.ut.us]

Sent:

Monday, March 27, 2006 3:30 PM

Hi-I use this little drawstring bag for TLC- my students love them! They are simple, low cost and almost any student can make it work. You need 8 x24 inches piece of material (I rip 8 inch sections off and then cut them in half so they could be a little bit longer depending on what material you buy) and 24 inches of ribbon or cording. I hope this helps you! Best of Luck- I look forward to your class this summer.

-Kristi Johnson Sunset Ridge Middle School

#### TLC Drawstring Bag Individual Instruction Sheet

Name	Period	Score

- 1. Please pick out one piece of material.
- 2. Iron material if it is really wrinkly.
- 3. Fold Right sides together (inside out) and match up sides.
- 4. Stitch one side together at 5/8 inch seam allowance. Backstitch at the beginning and the end of the seam.
  - a. To find 5/8 inch seam allowance- look at the needle and then count three lines out on the stitch plate.
  - b. It will be the first long line from the needle on either side.
- 5. With your seam gauge (small metal ruler with blue slide) measure down 1 ½ inches from the top and mark with a marking pencil.
- 6. Measure down 2 ½ inches from the top and mark the line with a marking pencil.
- 7. Stitch from the top of the bag at 5/8 inch seam allowance to the first marked line and stop. (Make sure you backstitch at the beginning and the end.)
- 8. Leave the space between the two marked lines open.
- 9. Stitch from below the 2<sup>nd</sup> line at 5/8 inch seam allowance to the bottom of the material. (Remember to backstitch at the beginning and the end.)
- 10. Press the two side seams open with the iron.
- 11. Stitch down the side seam where there is the hole to hold the seams in place. Stitch a box around the hole in the seam.
- 12. Press the top of the material down ½ inch wrong sides together (so you can see the pretty side of the material). Make sure you press all away around.
- 13. Stitch down at ¼ inch seam allowance around the top of the bag. (Keep the material even with the side of the pressure foot.)
- 14. Fold the top of the material down so the two marked lines match up. Press.
- 15. Stitch along the bottom edge of the fold at ¼ inch seam allowance.
- 16. Turn bag right side out so all seams are inside of the bag.
- 17. Pick up either cording or ribbon from the front table or the teacher.
- 18. Put a safety pin on the end of the cording or ribbon and thread it through the casing in the bag. (The hole that you left open.)
- 19. Once you have threaded the cording/ribbon through- tie the two ends together in a knot so that they will not slip out of the bag.
- 20. Trim all extra threads
- 21. Press bag
- 22. Fill out grade sheet.
- 23. Staple bag to grading sheet and turn in.
- 24. Congratulations! You have just finished your sewing project! If you finish early you may work on paper stitching or on a bookmark.

#### **TLC Drawstring Bag Instruction Sheet**

1. Please pick out one piece of material. Please only take one! 2. Iron material if it is really wrinkly. 3. Fold Right sides together (inside out) and match up sides. 4. Stitch one side together at 5/8 inch seam allowance. Backstitch at the beginning and the end of the seam. a. To find 5/8 inch seam allowance- look at the needle and then count three lines out on the stitch plate. b. It will be the first long line from the needle on either side. 5. With your seam gauge (small metal ruler with blue slide) measure down 1  $\frac{1}{2}$  inches from the top and mark with a marking pencil. 6. Measure down 2 ½ inches from the top and mark the line with a marking pencil.

7.	Stitch from the top of the bag at 5/8 inch seam allowance to the first marked line and stop. (Make sure you backstitch at the beginning and the end.)
0	Towards the control hadron with the manufact Brown and
8.	Leave the space between the two marked lines open.
9.	Stitch from below the 2 <sup>nd</sup> line at 5/8 inch seam allowance to the bottom of the material. (Remember to backstitch at the beginning and the end.)
10.	Press the two side seams open with the iron.
11	Stitch down the side seam where there is the hole to hold the seams in place. Stitch a box around
11.	the hole in the seam.

12. Press the top of the material down ½ inch wrong sides together (so you can see the pretty side of the material). Make sure you press all away around.
10. 60% 1. 1
13. Stitch down at ¼ inch seam allowance around the top of the bag. (Keep the material even with the side of the pressure foot.)
(Recep the material even with the side of the pressure root.)
14. Fold the top of the material down so the two marked lines match up. Press.
15. Stitch along the bottom edge of the fold at 1/4 inch seam allowance.
13. Stitch along the bottom edge of the fold at 74 men seam anowance.
16. Turn bag right side out so all seams are inside of the bag.
10. 10.11 oug 1-g.10 out to un tourist une institue et tire eug.
17. Pick up either cording or ribbon from the front table or the teacher. (You only need one or the
other for this project.)
10 Determine and he and of the coding and the self-the and the self-the sel
18. Put a safety pin on the end of the cording or ribbon and thread it through the casing in the bag. (The hole that you left open.)
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24. Congratulations! You have just finished your se on paper stitching or on a bookmark.	wing project! If you	finish early you r	nay work

TLC Drawstring Bag Grade Sheet		
Name	Period	

Please Rate yourself on a scale from 0-5 (5 being the highest and 0 the lowest) on how
well you completed each step.
Once you have filled out this form, please staple your project to it and turn it into the

basket.

Description	Student Grade	Teacher Grade
On task each day (0-3)		
Cleaned up work area each day (0-3)		
Followed all instruction (0-2)		
Labeled properly for grading (0-2)		
Sewed side seams at 5/8 inch seam allowance and kept lines straight and even (0-5)		
Marked markings accurately (0-5)		
Pressed side seams open on both sides (0-5)		
Stitched around hole in side seam (0-5)		
Pressed down ½ inch and then stitched around (0-5)		
Pressed down, matched up two markings, and stitched around the edge. (0-5)		
Threaded cording or ribbon through casing (0-5)		
All extra threads trimmed and pressed (0-5)		
Grand total out of 50 points		

Comments:

#### TLC-Dishtowel Apron

#### Supplies:

1 sewn dishtowel-28 inches x 20 inches

24 inches of 7/8" grosgrain ribbon for neck strap

40 inches of 7/8" grosgrain ribbon for waist ties, cut in half

#### Directions:

- 1. Measure, and fold over 2 six-inch triangles at the top. Pin and iron.
- 2. Sew triangle on all 3 sides at  $\frac{1}{4}$  inch, pivoting at the corners.
- 3. Finish the ends of all straps and ties by serging or folding.
- 4. Pin neck straps next to the triangles on top. Sew in a square.
- 5. Pin waist ties about 3-5 inches down on each side. Sew in a square.

#### Optional:

Students can fold up the bottom of apron and sew to make a pocket(s). Students can sew a button onto the apron.

You can also embroider students' names on the front to demonstrate the embroidery machine.

#### Gradesheet:

Apron Skills:	Student	Teacher
Correct use of right and wrong sides. (5)		
Correct measurements on triangles and waist ties. (5)		
Backstitch at beginning and end. (5)		
Correct pivots on triangles, neckband, and waist ties. (5)		
Stitches are straight. No tucks/folds. (10)		
Neckband and ties are securely fastened. (5)		•
No raw edges. (5)		
All loose threads are cut off. (5)		
Ironed, and folded neatly. (5)		
Total (50 points possible)		

#### **Pillow Cases**

Fabric Required:

Edge A:

1/4 yd

Edge B:

½ yd

Fabric C:

1 ½ yd

Fabric Selection:

A minimum of 42" wide fabric. 100% cotton fabric that is firmly woven

makes a durable pillow case.

#### Directions:

Step #1 Cut Fabric A (edge/trim) to make a two 3" x 42" piece Fold in half lengthwise and press down the center

Step #2 Cut Fabric B (edge/trim) to make two 9" x 42" piece

Step #3 Cut Fabric C (body/case) to make two 27" x 42"

Step #4 Lay Fabric B on a flat surface with the right side up. . .(this is the hot dog bun)

Step #5 Lay folded Fabric A on top of Fabric B with the raw edges even

Step #6 Place Fabric C (Hot Dog) on Fabric A and B with the <u>right sides</u> together.

Step #7 Roll Fabric C (along the 42" Edge) so it resembles a "hot dog"

Step #8 Wrap Fabric B over the hot dog, matching the raw edges. Pin

Step #9 Stitch a 3/8" seam, along the pinned edge

Step #10 Reach into the sewn tube and pull out Fabric C. Press

Step #11 With wrong sides together stitch 5/8" seam on side and top seam.

Step #12 Trim seam allowance to 1/8". PRESS open.

Step #13 Fold right sides together and press again along edge of fold

Step #14 Stitch 3/8" from fold. Press to one side.

## **Backpack**

Supplies: 1 piece of sturdy woven fabric 15 x 36 inches Matching thread

(1)

12 ft. of 3/8 inch nylon braided rope or cording OR

1 pair of 72 inch shoelaces 1 6 inch piece of cording, cut into 2 3 inch pieces



- 1. Serge the edge on each of the four sides of the fabric. Make sure not to cut off too much fabric when serging.
- 2. Fold the short sides in 1 ½ inches with the wrong sides together. Pin and press in place. Sew on top of the serging stitches, backstitching at the beginning and end. This is called a "casing".
- 3. Make the pocket as directed by the teacher. Follow the steps on the bulletin board.
- 4. Fold in bag n half, "like a hamburger" with the good or right sides out. Center the pocket on the front of the bag. Sew pocket in place, following directions on bulletin board.
- 5. Again, fold the bag in half, this time the right sides together, with the two casings at the top. Match the top of the bag and the side seams together. Put pins in the side seams to hold in place.
- 6. Fold a piece of 3 inch cording in half. Slip the cording in the seam allowance at the bottom corner of each side with the folded side inside the bag. Pin in place.
- 7. Starting just below the casing line, sew a 5/8 inch seam allowance, backstitching at the top and bottom.
- 8. Turn bag right side out. Push the cording through the casing so that you have both ends of the cording on each side of the bag. The cording should form a complete circle on each side. Take the ends of the cording, put them through the loop at the bottom of the side and tie a knot. Repeat on the other side.

9. Clip all threads. Iron neatly and fill out grading sheet. Put the grading sheet in the pocket and turn bag into the teacher.

#### Terms to Know

Backstitch

Seam Allowance

Casing

Press

Clip

Serge

Name	Period	
Name	1 01100	

# **Backpack Grading Sheet**

Step and points possible	Student Score	Teacher Score
1. Serge all 4 sides (20 pts.)		
2. Top and bottom casing (20 pts.)		
3. Pocket on front of bag (20 pts.)		
4. 5/8 inch side seams (20 pts.)		
5. Cording through casing (20 pts.)		
6. Final Appearance (20 pts.)		
TOTAL		

Name		Period	
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# **Backpack Grading Sheet**

Step and points possible	Student Score	Teacher Score
1. Serge all 4 sides (20 pts.)		
2. Top and bottom casing (20 pts.)		
3. Pocket on front of bag (20 pts.)		
4. 5/8 inch side seams (20 pts.)		
5. Cording through casing (20 pts.)		
6. Final Appearance (20 pts.)		
TOTAL		

### Pin Cushion

Supplies: Two 3x3 inch squares of woven fabric
2-3 cotton balls or small amount of stuffing
Pins

Seam Allowance: 5/8 inch

Always backstitch at the beginning and end of stitching.

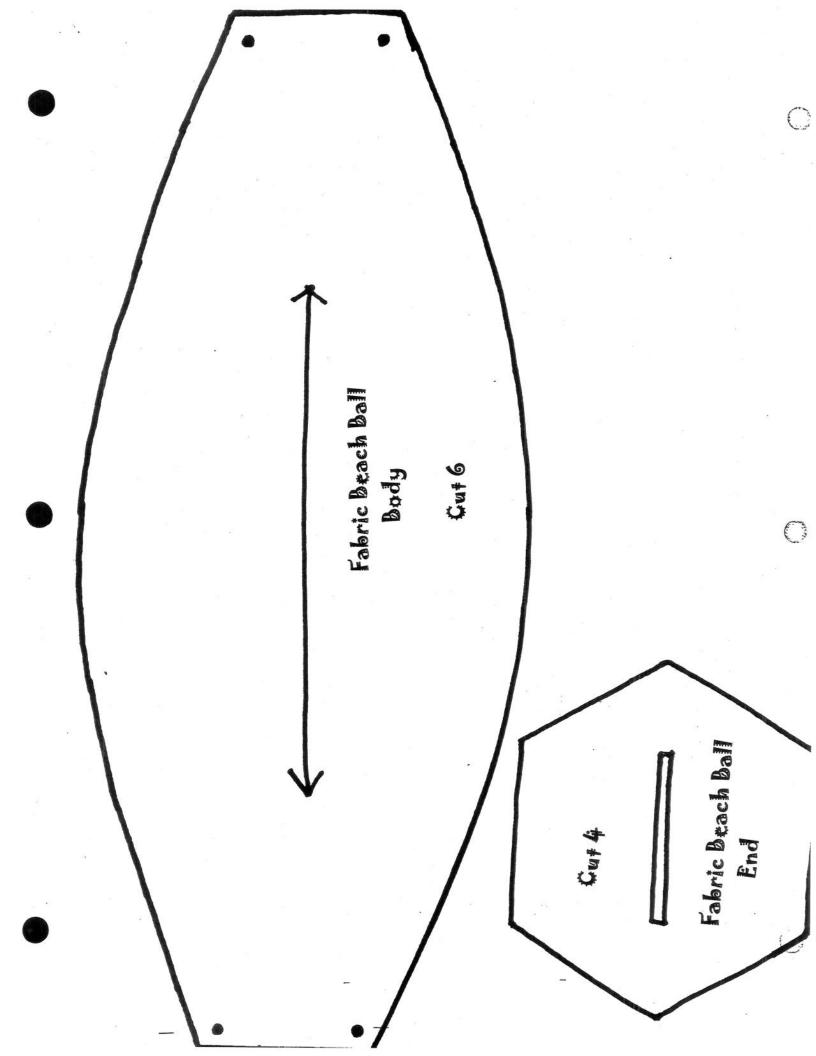
- 1. Place the two squares of fabric together, WRONG sides touching.
- 2. Sew down one side, pivot at corner, sew across bottom, pivot at corner, and up the other side. (This stitching should form a U shape)
- 3. Stuff inside pocket with cotton balls or stuffing.
- 4. Sew opening closed.

Clip:

- 5. Set machine to a wide zig-zag stitch. Zig-zag around entire square, sewing with one point of the zig-zag on the fabric and one point off the fabric.
- 6. Clip all threads and turn in pincushion to the teacher

Terms to Know:		
Woven:		
Seam Allowance:		
Backstitch:		
Pivot:		
Zig-zag Stitch:		

<u>Fabric</u>	Beach Ball	Name		_Period	Score/100
	Using more than 3 lay	on fabric and cut. Faster yers of fabric at a time re 4 end pieces. DO NOT	esults in uneven		ut.
-	<del></del>	e wrong side of fabric or le on the right side of th		•	
		the buttonhole marking wrong side of the fabric	•		
4.	Put 2 end pieces with Repeat with the other	wrong sides together an 2 end pieces.	d edge stitch.		
5.		*Put on buttonhole foot shed, the needle must be		100 miles (100 miles (	
	1- SSB=A -Sews back (sews the 2- SSB=B -Hold the land 3- SSB=C -Sew forward the button 4- SSB=B -Hold the land 5- SSB=B -DO NOT 6- Cut buttonhole oper	le symbol (between 0-1) kward until plastic part of left hand side of the but button down - sew 5-6 til ard to makes the right had hole even with the left, button down - sew 5-6 til hold the button down - sew the n with a seam ripper.	of foot is completenhole) mes. (sews bar and side of the bar inside edge of the mes. (sews bar sew 5-6 times.	tack) puttonhole. Ke he presser foot tack) Sews in 1 spot	ep first side of
5.	-	h right sides together. U ots-this is important. M			20 (S) (S) (S)
		with right sides together added and you have a		ce. Sew in place	ce.
	_	th right sides together. he stitching lines on the		start and stop	at the dots.
	_	ide out through the butt Il and blow up. Twist e		ler the fabric.	
	Make Service Project b	oeach ball. Go <b>receive credit</b>	s, turn in t	his paper.	70,000



# Frog Heat Pack Guidesheet One Day Project

Materials:

1/8 yd. Fabric

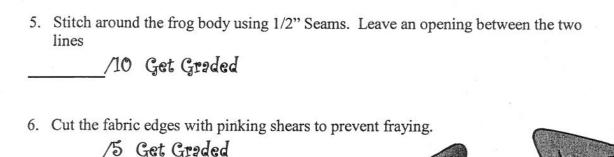
1 1/2 lbs. Rice or Wheat

Thread to match Pinking shears

#### Directions for construction:

- 1. Cut out the attached pattern. Use paper scissors
- 2. Cut two frogs on the fold of the fabric.
- 3. Mark the dots (pivot pints) on the right side of the fabric with a <u>marking pen-it</u> will disappear after 48 hours.
- 4. Place wrong sides of fabric together and pin

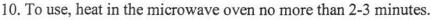
/5 Get Graded



7. Add rice or wheat.

- 8. Pin the opening shut. Keep wheat away from opening.
- 9. Sew the opening shut.

/5 Get Graded



11. Drape the frog's body around your body for warmth.

/30 Final Score To receive credit, turn in this paper



Frog Heat Pack Pattern
3/8 Seam Allowances
Cut 2

Place on fold of fabric Leave open between lines

# Jelly Belly Bag or What Ever Bag

	Name:	
Suppl		
	:: Woven 18" X 8" Bonded Felt 5" X 6"	
Draws	string: 14" – 16" Nose-one pompom 2 Eyes	
Cuttin	g:	
	hands and feet patterns on felt. Cut around outside edge of paper pattern.	
	ld fabric. Pin on pattern. Cut out fabric.	
0 :	Ctara	
Sewir /5	ng <u>Steps:</u> 1. Serge all 4 edges of fabric. <u>DO NOT CUT</u> any fal	
_,0	1. Congo an 4 cagos of labile. <u>Bo No.7 co.7</u> any la	
/5	2. Fold fabric in half. Press crease on Fold of fabric	
/5	3. Open fabric. On right side of fabric, match center of foot to the pressed	
creas	Center feet on the fabric. Keep in from edge ½". Pin in place	
	Stitch on the crease, across the width of the fabric.	
7.5	9	
/5	<ol> <li>On right side of fabric, pin arms on 2 ½" from top edge.</li> <li>Stitch using a ¼" seam allowance</li> </ol>	
	Other daing a 74 Seam allow	
	5. Get Graded	
/5	6. Fold fabric in half with right sides togeth	
3 <del></del> 0	Pin one side seam.	
	Stitch using ½" seam allowance.	
/5	7. Fold down the top edge to the wrong side ½" and pin.	
	Stitch 1/8" seam allowance on serged edge.	
	Wrong side of fabric	
	8. Get Graded.	7
/5	9. Pin last side seam.	
	Stitch using ½" seam allowance. Stop sewing at bottom of casing	-
stitchi	ng.	1
/5	10. Turn bag right side out.	1
	Use a bodkin to pull drawstring through the casing.	
/E	11 Tie ends of drawstring together in a loop k	
/5	11. Tie ends of drawstring together in a loop k	
/5	12. Glue on nose and eyes. Use cool melt glu	

0 0

Place on Fold

**Feet** 

Hands

Cut 2

Cut 2

Jelly Belly Bag or What Ever Bag

Cut 1

#### 8" MINI FOOTBALL

Read each instruction completely before beginning to sew. Check the box by each number to mark that step's completion.

- 1. Pin on patterns. Use 2 contrasting colors.
- 2.
- Get Teacher's initials \_\_\_\_\_
- 4. Cut out the fabric.
- Arrange the four sections so that contrasting colors alternate.









6. Pin two sections together. Be sure the colors alternate and the right sides are together.

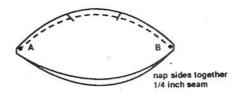
Tuck fur inside.

7. Repeat with the remaining two sections.



nap sides together 1/4 inch seam

8. Sew each section with a 1/4" seam. If fabric is fuzzy fur, leave pins until just before the needle is ready to sew over it.



#### 8" MINI FOOTBALL

Read each instruction completely before beginning to sew. Check the box by each number to mark that step's completion.

- 1. Pin on patterns. Use 2 contrasting colors.
- 2.
- Get Teacher's initials \_\_\_\_\_
- 4. Cut out the fabric.
- Arrange the four sections so that contrasting colors alternate.









 Pin two sections together. Be sure the colors alternate and the right sides are together.
 Tuck fur inside.



7. Repeat with the remaining two sections.



nap sides together

 Sew each section with a 1/4" seam. If fabric is fuzzy fur, leave pins until just before the needle is ready to sew over it.

